

Brown Rice Risotto Suppli with Creamy Spinach Sauce

Recipe by Robin Asbell

Makes about 18 suppli, 4 servings

Ingredients:

Risotto

- ◆ 2 tablespoons extra virgin olive oil
- ◆ 1/2 cup minced onion
- ◆ 1 cup short-grain brown rice
- ◆ 3 cups vegetable stock
- ◆ 1/2 teaspoon salt
- ◆ 1/2 cup shredded Parmesan cheese
- ◆ 6 sun-dried tomatoes, softened and chopped

Sauce

- ◆ 1/2 cup chopped onions
- ◆ 2 teaspoons olive oil
- ◆ 1 tablespoon unbleached flour
- ◆ 1 cup milk
- ◆ 4 cups fresh spinach, washed and dried
- ◆ 1/2 cup fresh basil leaves
- ◆ Salt and cracked black pepper
- ◆ 1 cup whole wheat pastry flour
- ◆ 3 eggs, beaten
- ◆ 2 cups whole wheat panko or dry breadcrumbs
- ◆ 1/2 cup olive oil



Directions:

1. For the risotto: In a 4-quart saucepan with a tight-fitting lid, heat the olive oil. Sauté the onion over medium heat until soft and clear. Add the rice, and stir to coat thoroughly. Add 2 cups of the stock and the salt, bring to a boil, cover, and simmer for 30 minutes. Uncover, and begin stirring in more stock as needed to make a soft, sticky risotto. Keep cooking and stirring after each addition until you have a thick texture. Take the pan off the heat, add the Parmesan and tomatoes, and chill. (It's important for the mixture to be completely cold, so the starches will set.)
2. Prepare the sauce before frying the suppli. In a small saucepan, sauté the onion in the olive oil until the onion is soft and clear. Whisk in the flour and cook, whisking, for 2 to 3 minutes. Take the pan off the heat, and gradually whisk in the milk. Cook, whisking, until thickened. Put the spinach and basil in a food processor and pulse to mince thoroughly. Pour in the hot milk mixture and purée. Salt and pepper to taste, then return the sauce to the pan to warm just before serving.
3. To assemble the suppli, form the cold risotto into balls, using 2 tablespoons for each ball. Dredge them in flour, then the egg, then the crumbs. Heat the oil in a large sauté pan until it shimmers, and fry the suppli until golden, about 3 minutes per side. Drain on paper towels, and keep warm. Serve on salad plates with a ladle of sauce on the plate, and the suppli on top.